

SPIRITUAL FORMATION

Journaling *Lectio Divina*

Over the centuries many Christians engaged in praying the Scripture and journaling their experience as a way to allow the Word of God to transform their lives. The following is an outline of maintaining a journal detailing the experience of personal lectio divina using a psalm or a parable a day.

Lectio (read) – read through the selected psalm (or other passage) aloud twice. Observe silence for a minute or two, repeating a word or phrase that attracted your attention. Jot down the word or phrase without much elaboration.

Meditatio (reflect) – read through the psalm quietly, followed by two to three minutes of silent reflection on the question, “Where does the content of this reading touch my life today?” Enter in your journal what the reading means to you: “I hear...,” “I see....” “I was struck by...”

Oratio (respond) – read through the psalm quietly once more. Observe silence for two to three minutes reflection on how God is calling you to respond. Enter a brief, spontaneous prayer, expressing your response to God’s call in your journal.

Contemplatio (rest) – read through the psalm again quietly. Rest in the Word, in silence for few moments. Pray quietly, “Lord I surrender my desire for control, security, and significance. I relinquish all my anxious thoughts to you. Have mercy on me! Embrace me tightly as your treasured possession.” Following this movement, enter a brief reflection into your journal.

READING THROUGH THE PSALMS & PROVERBS IN 30 DAYS

Format: Psalms; Proverb

1	Psa. 1-9; Prov. 1	16	Psa. 79-82; Prov. 16
2	10-17; 2	17	83-87; 17
3	18-22; 3	18	88-89; 18
4	23-28; 4	19	90-96; 19
5	29-34; 5	20	97-103; 20
6	35-38; 6	21	104-105; 21
7	39-43; 7	22	106-107; 22
8	44-48; 8	23	108-112; 23
9	49-54; 9	24	113-118; 24
10	55-59; 10	25	119:1-96; 25
11	60-65; 11	26	119:97-176; 26
12	66-68; 12	27	120-134; 27
13	69-71; 13	28	135-139; 28
14	72-76; 14	29	140-144; 29
15	77-78; 15	30	145-150; 30-31